

## MENU

# *Beef Bourguignon*

SERVES 6-8

*Salmon Spread*  
*Cheese Board*  
*Beef Bourguignon*  
*Rice Blend*  
*DeeDee's Salad*  
*Sister Schubert's Parker House Style Yeast Rolls*  
*Chocolate Tart*

## GAMEPLAN

### Monday

- Shop for non-perishables

### Wednesday – Friday

- Shop for perishables
- Prepare Smoked Salmon Spread
- Prepare Beef Bourguignon\* or thaw if frozen
- Prepare Chocolate Tart

### Saturday

*Early in the day . . .*

- Prep Cheese Board
- Prepare Rice Blend
- Prep DeeDee's Salad

*5:45*

- Prepare Cheese Board
- Remove Chocolate Tart from refrigerator

*6:00*

- Get dressed – enjoy dressing drink!

*6:45*

- Remove Sister Schubert's Rolls from freezer
- Plate Salmon Spread
- Enjoy a quiet moment

*7:30*

- Warm Beef Bourguignon on low heat; taste and adjust seasonings and consistency

*8:00 – 8:15*

- Bake Sister Schubert's Rolls, 350° for 15–20 min
- Warm Rice Blend in the microwave with 1 tbsp butter
- Toss salad

*8:15 – 8:30*

- Serve and enjoy!

*\*Beef Bourguignon may be prepared up to 3 days in advance and kept in the refrigerator or may be prepared up to 3 months in advance and frozen.*

*I usually warm and serve the Beef Bourguignon in a Le Creuset.*

# Beef Bourguignon Dinner

## SHOPPING LIST

### Produce

- Lemons, 2\*
- Dill, 5–6 tbsp chopped, 1 oz
- Onion, 1 whole or prepackaged chopped, 1 cup
- Rosemary leaves, 1 tbsp chopped
- Carrots, 3–4, or prepackaged julienned, 1½ cups
- Chanterelle or shiitake mushrooms, 8 oz sliced
- Italian parsley, 2 tbsp chopped
- Lettuces, your choice, romaine, Bibb, iceberg, 8 cups torn
- Salad additions, your choice: celery, cucumber, radishes, grape tomato, etc.
- Raspberries, 12 oz, optional

### Deli

- Assorted cheeses

### Meat

- Smoked salmon, 4 oz
- Thick-sliced bacon, 8 oz
- Beef chuck, 3 lbs, 1-inch cubes

### Baking, Spices, Nuts

- Dried mint, approx 2 tbsp
- Bittersweet chocolate, 12 oz
- Crystallized ginger, 2 tbsp chopped

### Packaged

- Prepared horseradish, 2 tbsp
- Assorted crackers
- Beef broth, 3 cups
- Tomato paste, 2 tbsp
- Wild rice, ⅔ cup
- Long grain rice, 1 cup
- Gingersnaps, 8 oz

### Dairy

- Whipped cream cheese, 8 oz
- Feta, 4 oz
- Heavy whipping cream, 1 cup
- Eggs, 4

### Frozen

- Sister Schubert's Parker House Style Yeast Rolls

### Alcohol

- Burgundy (pinot noir) wine, 3 cups

### On Hand . . .

- Salt
- Pepper
- Flour, 4 tbsp
- Butter, 1 stick plus 1 tbsp
- Olive oil
- Sugar, ¼ cup

*\*You may substitute frozen Minute Maid Premium 100% Pure Lemon Juice for fresh lemon juice.*

# SALMON SPREAD

SERVES 6-8    Adapted from *TheVenable.com*

Combine cream cheese, horseradish, lemon juice, salt, and pepper in a bowl.

Add chopped salmon and dill.

Garnish with dill. Serve on light cracker such as Carr's, Bremner Wafers, or 34° Crisps. Also good on sliced cucumber rounds.

## DEEDEE'S NOTES:

- Recipe may be prepared earlier in the day or 1-2 days in advance. Cover and chill.
- Increases well.



## INGREDIENTS

8 oz whipped cream cheese  
2 tbsp prepared horseradish  
1-2 tsp fresh-squeezed lemon juice  
Pinch of salt  
¼ tsp black pepper  
4 oz smoked salmon, chopped  
2½ tbsp fresh minced dill, ½ oz pkg  
Chopped dill for garnish

*This recipe is from Sarah Leggett, whose weekly blog, [The Venable](#), is a personal and lively take on all things life, food, fashion, fun, and more.*

# BEEF BOURGUIGNON

SERVES 6      Adapted from *The Silver Palate*

## INGREDIENTS

8 oz thick-sliced bacon, diced  
3 lb beef chuck, 1-inch cubes  
1 cup chopped onions  
Salt and freshly ground pepper  
3 tbsp flour  
3 cups burgundy (pinot noir)  
wine  
3 cups beef broth  
2 tbsp tomato paste  
1 tbsp chopped fresh rosemary  
leaves  
3–4 carrots, peeled and cut into  
1½-inch julienne, ~½ cup  
8 oz chanterelle or shiitake  
mushrooms, sliced  
1 tbsp butter  
2 tbsp chopped Italian parsley

*\*To deglaze, keep empty pot on the burner, pour in the wine, and use a flat-edged spatula to scrape the browned bits from the bottom and sides of the pan.*

In a flameproof casserole, such as a Le Creuset or Dutch oven, sauté the bacon until crisp. Remove with a slotted spoon and drain on paper towels. Pour off all but 1 tbsp of the bacon drippings.

In same casserole, over medium-high heat, sauté the beef 2–3 min in small batches to brown. Add the onions to the beef and sprinkle with salt and pepper and flour. Cook over high heat, stirring constantly for 5 min.

Remove the meat and deglaze\* casserole with ¼ cup wine. Return meat to casserole and add the wine, broth, tomato paste, rosemary, and bacon. Bring to a boil. Cover the casserole and bake at 300° until meat is tender, approx 3 hrs.

Bring a small pot of water to a boil. Add carrots and boil approx 5 min until just tender. Drain, rinse under cold water, and drain again. Reserve.

Sauté mushrooms in butter over medium-high heat for 10 min. Reserve.

When the meat is cooked, transfer the casserole to a burner and add carrots and mushrooms. Heat through approx 7 min.

Serve garnished with chopped parsley over rice. I usually warm and serve in a Le Creuset.

## DEEDEE'S NOTES:

- Recipe may be prepared earlier in the day or 1–3 days in advance. It may also be prepared well in advance and frozen. When preparing or reheating, add enough beef broth and/or wine to achieve the consistency you prefer. If you want a thicker consistency, mix 2 tbsp cornstarch with ½ cup cooled broth from the stew or water and add to the stew. If you want to thin, add more broth or wine.
- Instead of cooking in an oven, you may cook in a slow cooker for 4–5 hrs.
- For the carrots, you may use packaged julienned carrots from the produce section.
- Increases well. Freezes well.

# RICE BLEND

YIELDS 6 CUPS

Cook wild rice according to package instructions. If wild rice has water remaining after the rice is fully cooked, drain in mesh strainer to remove excess water.

In a mesh strainer, rinse long grain rice in cold water. In medium saucepan melt butter over medium heat. Add long grain rice and stir, coating rice with butter. Add water and salt. Increase heat to high, bring to boil, and stir once. Cover and reduce heat to low.

Simmer 20 min. Turn off heat and let sit for 10 min. Fluff with fork.

Mix long grain and wild rice.

## INGREDIENTS

*⅔ cup wild rice*

*1 cup long grain or basmati rice*

*4 tbsp butter*

*1½ cups water*

*½ tsp salt*

### DEEDEE'S NOTES:

- Recipe may be prepared earlier in the day. Transfer to serving bowl. Cool to room temperature and cover. Do not refrigerate. Can be served at room temperature or warmed before serving in the microwave or warming drawer. Add 1 tbsp butter when warming.
- I recommend Haddon House Wild Rice.
- Increases well.

*My grandmother, my mother, and my aunts have always cooked perfect rice. The generations that have followed cook it the same way.*

*These instructions incorporate their technique for long grain rice.*

*I mix in wild rice, because I like the texture and taste it adds.*

*I'm sure my grandmother would roll her eyes!*

# DEEDEE'S SALAD

SERVES 6-8

## INGREDIENTS

### ESSENTIAL

6-8 cups of torn mild lettuces  
such as romaine, iceberg, or  
Bibb

Dried mint

Olive oil

Lemon juice – freshly squeezed  
or frozen Minute Maid  
Premium 100% Pure Lemon  
Juice

Salt and pepper

### OPTIONAL

Tomato

Celery

Cucumber

Onion

Radish

Feta cheese

Place lettuce in bowl. Add choice of optional ingredients. I typically use romaine, Bibb, or both, with grape tomatoes, celery, and feta cheese.

Cover with dried mint. Drizzle with olive oil and lemon juice; sprinkle with salt and pepper. Toss.

### DEEDEE'S NOTES:

- Salad may be prepped earlier in the day. Cover and chill. Since I often use tomatoes, celery, and feta, I will place all the ingredients except the tomatoes in a bowl and add the tomatoes and mint right before tossing.
- Choose tomatoes that work for the season. During the summer, choose fresh local tomatoes. In the winter, you may want to choose grape, Campari, or Roma tomatoes.
- If you grow mint in your garden, harvest the leaves and dry for a few days on newspaper or paper towel. Crumble into a jar.

*Technically, this is the Monsour salad, my grandmother's, my mother's, and my aunts'. Every time our family gathered, which was often, we enjoyed salad prepared this way. I didn't even realize you could buy salad dressing in a bottle. You will not find exact measurements – making this by taste is part of the fun. The "secret sauce" is the dried mint. Once you get the hang of making this salad, you will come back to it over and over again. It's our family's favorite, fresh and simple, and guests always rave.*

# CHOCOLATE TART

SERVES 6–8    Adapted from *Epicurious.com*

## **Crust:**

In a medium bowl, melt butter in microwave.

Finely grind cookies in food processor. Add to butter with a pinch of salt and mix. Press mixture into bottom and up approx 1 inch on the sides of 9-inch tart or springform pan.

## **Filling:**

In a small saucepan or double boiler, whisk chocolate and cream over low heat until smooth. Remove from heat and let cool slightly.

In a medium bowl, whisk egg yolks, egg, sugar, flour, pepper, and pinch of salt. Gradually add chocolate, whisking to mix. Pour into crust. Bake on a sheet pan at 325° for 30 min.

## **Garnish:**

Sprinkle ginger on top. Let rest for 20 min.

Serve with raspberries, optional.

## DEEDEE'S NOTES:

- Recipe may be prepared earlier in the day and kept at room temperature or prepared 1–2 days in advance; cover and chill.
- Increases well. Freezes well.

## INGREDIENTS

### CRUST

*4 tbsp unsalted butter*  
*8 oz gingersnap cookies*  
*Salt*

### FILLING

*12 oz bittersweet chocolate, chopped*  
*1 cup heavy whipping cream*  
*3 large egg yolks*  
*1 large egg*  
*¼ cup sugar*  
*1 tbsp flour*  
*⅛ tsp freshly ground pepper*  
*Salt*

### GARNISH

*2 tbsp finely chopped crystallized ginger*  
*12 oz raspberries, optional*

